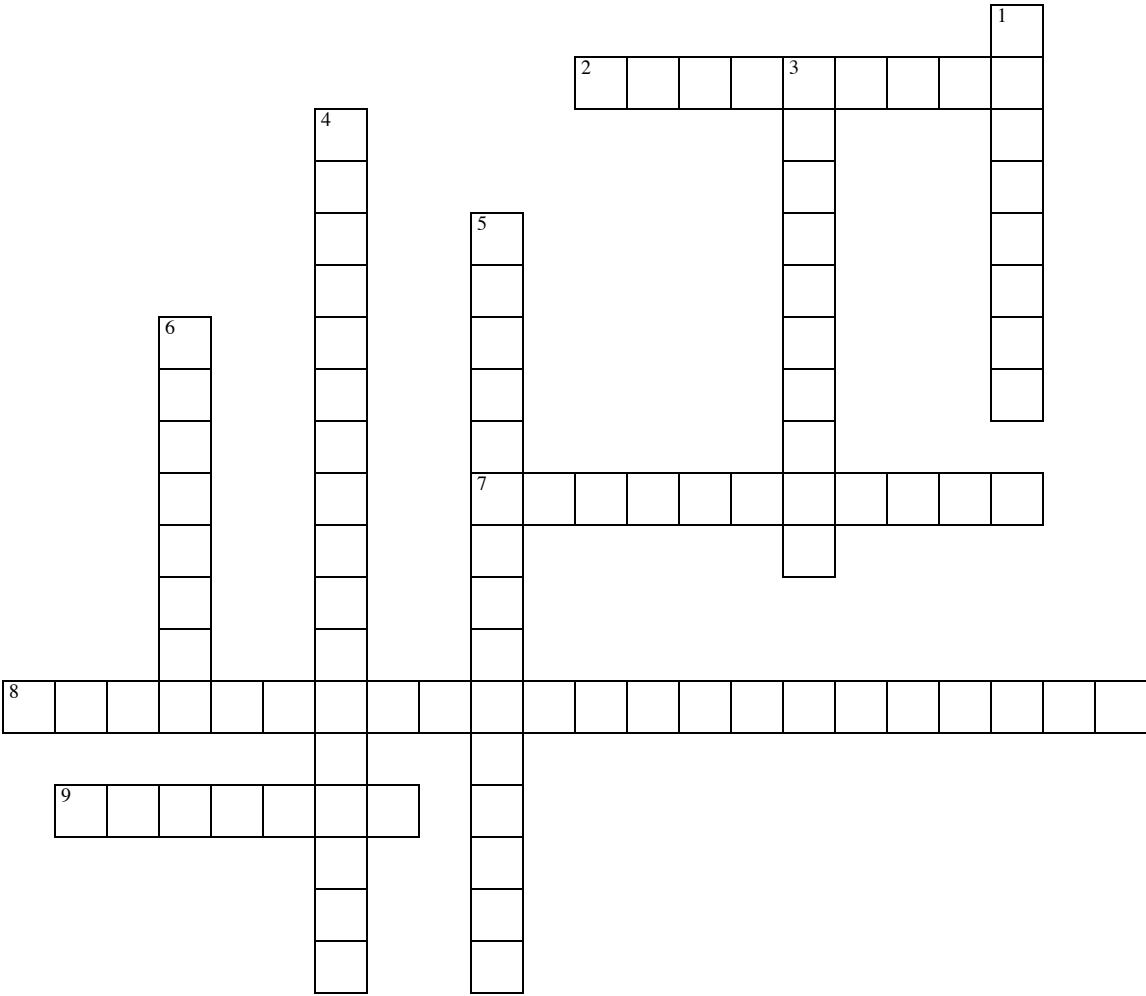


# Chapter 1: Looking Good, Feeling Good



**ACROSS**

- 2** The way one sees oneself physically.
- 7** A waxy, fat-like substance found in animal tissue.
- 8** Plan designed to help you select activities that will enable you to improve your lifestyle.
- 9** A condition characterized by excessive deposits of fat on the body.

**DOWN**

- 1** Total commitment to living a healthy and active lifestyle.
- 3** Lack of physical activity and exercise.
- 4** Factors associated with disease, disability and premature death.
- 5** The capacity of the whole body to function at optimum efficiency.
- 6** A condition in which the body is unable to produce insulin.

Note: For a fee, you can use Crossword Weaver to print a nice copy of this puzzle (one that doesn't look like a web page). You can check it out for free by downloading the demo from [www.CrosswordWeaver.com](http://www.CrosswordWeaver.com) .